

## **Mindset and Emotional Self-regulation Techniques**

- Managing thoughts and emotions to improve overall well-being.
- Understand how thoughts and emotions steer/influence our actions/reactions which in turn creates our results.

### **Advantages:**

- Increases resilience.
- Coping better with stress in general and exam stress specifically.
- Helps keep emotions more even, to enable the student to focus better on the task at hand.